

### **ABSTRACT**

A triceps dip exercise machine has a main frame, a user support pivotally mounted on the frame, an exercise arm movably mounted on the frame, a connecting link connecting movement of the exercise arm to movement of the user support, such that movement of the exercise arm between a start and end position simultaneously moves the user support from a start to an end position, and an exercise resistance for resisting movement of one of the moving parts. The arrangement is such that the combined movement of the exercise arm and user support substantially replicates the natural movement of the upper part of the human body when performing a free bar, suspended triceps dip exercise.